

Digital Blood Pressure Monitor with Cuff

User's manual

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SENCOR®

SBP 915

Thank you for choosing the SBP 915 digital blood pressure monitor and we hope that you will be happy with it.

The SBP 915 blood pressure monitor presents the perfect combination of attractive design, simple controls and functionality.

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WHAT YOU SHOULD KNOW ABOUT BLOOD PRESSURE

What is blood pressure?

Blood pressure is defined as the pressure exerted by the blood on the walls of the arteries through which it flows. Blood pressure fluctuates during the course of each heartbeat between the maximum (systolic) and the minimum (diastolic) value. Blood pressure is influenced by many factors, such as physical activity, fear, anger or by a certain time of day.

Blood pressure changes constantly over the course day. Early in the morning it rises and before noon it falls. In the afternoon it rises again and then falls in the evening hours. Blood pressure may also change within an instant and so the subsequent measurement results may vary.

Why is it important to measure your blood pressure at home?

Many people have increased blood pressure when they visit their doctor, while at home their blood pressure is in the normal range. This is the so-called white coat syndrome and may affect up to 15% of the population.

Home blood pressure measurement eliminates the white coat syndrome and provides the doctor with a picture of the various blood pressure levels during your natural activity.

Blood pressure classification by the World Health Organisation

The following table shows the blood pressure classification for an adult person according to the World Health Organisation (WHO).

Blood pressure category	Systolic blood pressure (in mmHg)	Diastolic blood pressure (in mmHg)
Optimal	< 120	< 80
Normal	120–129	80–84
High normal	130–139	85–89
Hypertension: Stage 1 (mild)	140–159	90–99
Hypertension: Stage 2 (med.)	160–179	100–109
Hypertension: Stage 3 (heavy)	≥ 180	≥ 110
Isolated systolic hypertension	≥ 140	< 90

What is cardiac arrhythmia?

Cardiac arrhythmias are a disorder of the rhythm of the heartbeat. They result from a varied creation or conduction of electrical impulses in the heart. Many cardiac arrhythmias are only temporary in nature. Such types of arrhythmias are considered to be harmless and include the cases where the heart misses or adds a beat. This may be caused by strong emotions or exercise. However, there exist types of arrhythmia, which may be life threatening and require professional treatment.

Symptoms of cardiac arrhythmia

Symptoms of cardiac arrhythmia: strong or accelerated beating of the heart, feeling of tiredness, vertigo, loss of consciousness, lack of breath and chest pain.

Symptoms of bradycardia (slowed down heart activity): feeling of tiredness, lack of breath, vertigo or dizziness.

Symptoms of tachycardia (accelerated heart activity): the heartbeat may be felt in the neck or as a beat in the chest with irregular speed, feeling of unease, weakness, lack of breath, dizziness, sweating and vertigo.

Can cardiac arrhythmia be treated?

Cardiac arrhythmia can to a certain extent be prevented by eliminating the stimuli (physical exertion, stress, smoking, consumption of alcohol, coffee or other beverages containing caffeine) affecting the nervous system.

Many types of cardiac arrhythmias do not require treatment as they are naturally compensated by the immune system. Other types of cardiac arrhythmias must be treated with medication (antiarrhythmic agents), defibrillator implants or pacemakers. The treatment method depends on the type of cardiac arrhythmia, age of the patient and their physical condition.

IMPORTANT INSTRUCTIONS



Prior to using this product, please read the user's manual thoroughly, even in cases, when one has already familiarised themselves with previous use of similar types of products. Use the product only as described in this manual. Keep this manual for later use.



Caution! Not following the instructions contained in this user's manual may lead to faulty operation of the device or its damage.

- This device is designed for non-invasive blood pressure measurement.
- The cuff with an adjustable length of 22–42 cm is intended only for adults.
- Do not twist or excessively bend the cuff or the air hose. Take care not to damage the cuff or the air hose by sharp items, such as pins, needles, etc.
- Do not disassemble the device and do not make any alterations to it.
- Use only original accessories (cuff, power adapter) supplied with the device.
- Do not use the device if your arm is injured.
- If you suffer from a circulatory system disorder, such as atherosclerosis, diabetes, liver or kidney illness, heavy hypertension, external circulation disorders, etc., consult your doctor or an expert healthcare professional about the suitability of using a blood pressure monitor or similar devices.
- If you are undergoing medical treatment or taking medication, consult the use of this device with a doctor.
- Rest at least 5 to 10 minutes before measuring blood pressure.
- Wait at least 4 to 5 minutes before measuring again, so that your blood circulation can return to the normal state.
- Do not perform measurement sooner than 30–45 minutes after consuming beverages containing caffeine or after smoking cigarettes.
- Remove all tight clothing from your arm before taking a blood pressure measurement. Use the cuff only on the arm. Do not use on another part of the body.
- Do not start measurement until the cuff is attached to the arm.
- Perform the measurement in a calm and relaxed position. Do not move the device during measurement.
- The device automatically releases air when the pressure in the cuff exceeds 300 mmHg. If the automatic air release does not occur, remove the cuff and press the START/STOP button to end the pressurisation of the cuff.
- Remember that blood pressure fluctuates over the course of the day and is also affected by many factors, such as smoking, consumption of alcohol, taking medicines and physical activity.
- The measurement results should be evaluated by a doctor or another expert, who knows your long term health condition. Please, do not make conclusion on the basis of the results yourself.
- By regularly measuring your blood pressure and recording the measurement results, you will provide your doctor with a complete picture of your blood pressure during natural activity.
- Blood pressure values measured using the oscillometric method when using this device are equivalent to the measurement results taken by an experienced observer using the auscultatory (listening) method using a stethoscope and a blood pressure monitor.
- This device is designed for domestic use and does not substitute for professional medical care.

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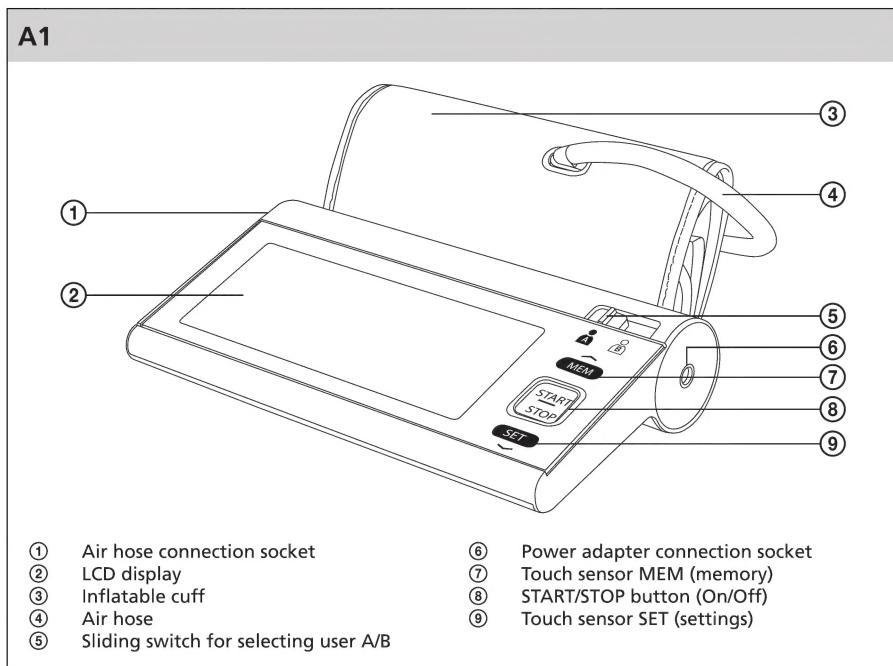
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- Keep the device and the batteries out of reach of children.
- We recommend saving the original package, packaging material, receipt and warranty card for the duration of warranty. In the case of transportation, pack the product using the original packaging materials only.

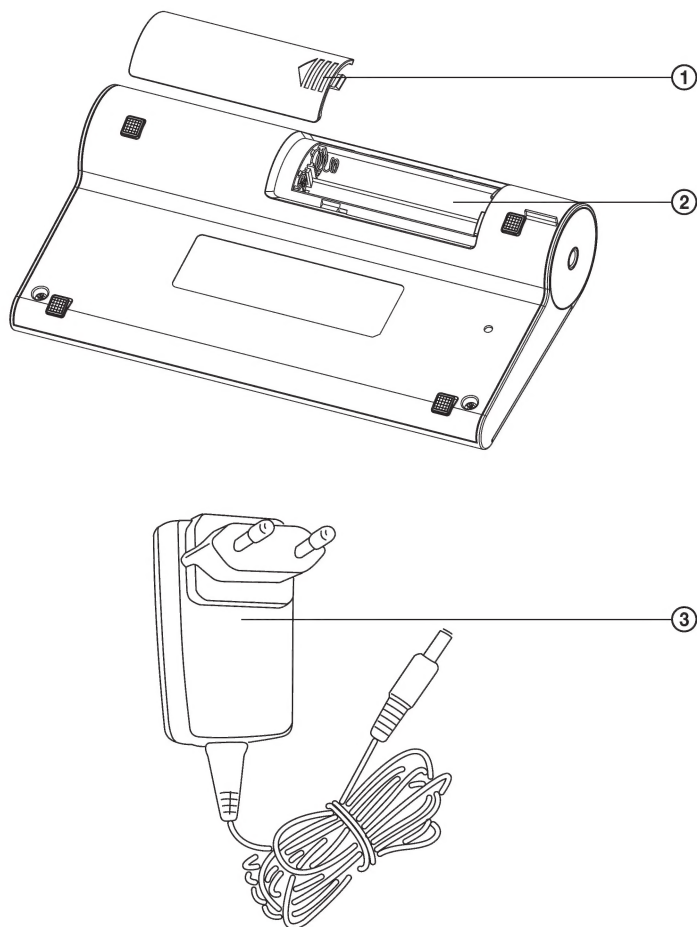
BASIC FUNCTIONS AND FEATURES OF THE BLOOD PRESSURE MONITOR

- Measurement of the systolic and diastolic blood pressure and pulse
- Detection of cardiac arrhythmia
- Adjustable cuff fits arm 22 to 42 cm in circumference
- Automatic inflation and air release of the cuff
- Large LCD display
- Touch sensor controls
- 2 × 60-memory recall with date and time
- Battery or adapter powered
- Travel case

DESCRIPTION OF THE BLOOD PRESSURE MONITOR



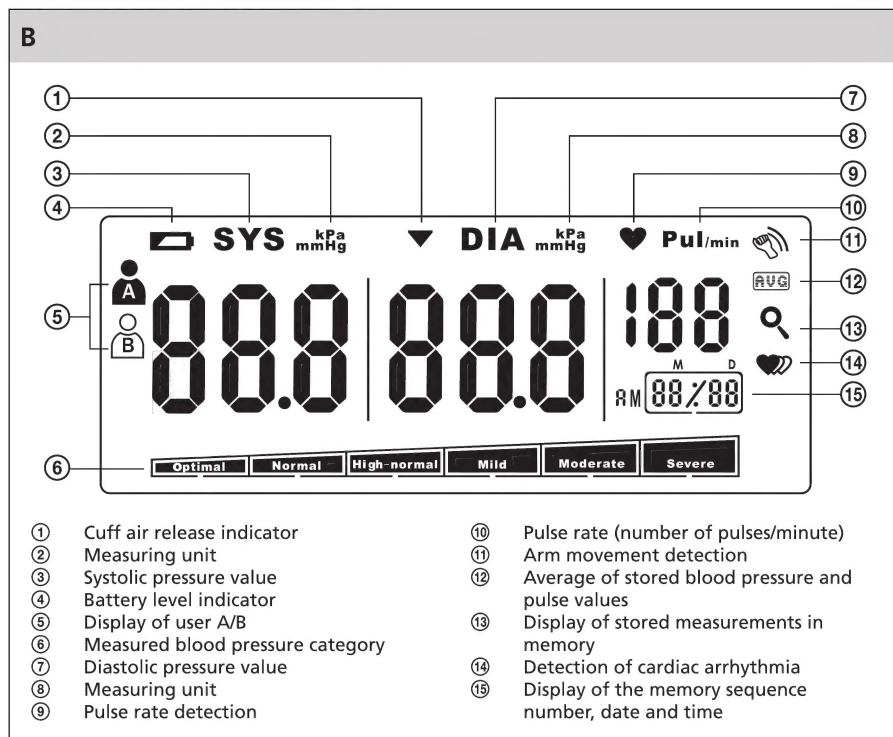
DESCRIPTION OF THE BLOOD PRESSURE MONITOR (CONTINUED)

A2

- ① Battery compartment cover
- ② Battery compartment

- ③ Power adapter

DESCRIPTION OF THE DISPLAY



USING THE BLOOD PRESSURE MONITOR

1. Selecting a power source

1.1 Using an external power source


- Power adapter supplied with the device (output 6 V, 1 A).
- Connect the power adapter connector to the socket on the right side of the device. Insert the power supply plug into the an electrical power socket.
- Use only the adapter supplied with this device.

1.2 Using an internal power source

- To power the device using an internal power source insert 4 alkaline batteries type LR03/AAA (4 × 1.5 V).

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- Remove the battery compartment cover and insert 4 alkaline batteries type LR03/AAA. When inserting the batteries ensure the correct polarity as shown in the battery compartment. Close the cover.
- The batteries need to be replaced when:
 - the display shows the value 
 - the display is dim.
 - the display does not turn on.
- Important: If the polarity is reversed when the batteries are inserted, the device may not only not function but may also heat up. Do not combine used and new batteries or batteries of various types, e.g. alkaline batteries and rechargeable batteries.

Note: Do not use the adapter and batteries at the same time.

2. Setting the date, time and measuring unit

- 2.1 Before taking measurements, set the current date, time and measuring unit. The measured values will be stored in memory together with the date and time of measurement.
- 2.2 Check that the device is turned off (the LCD display is off) or turn it off using the START/STOP button. Hold down the SET sensor with your finger for 3 seconds. During the initial setup the display will show year (2000), month (1) and day (1). The year (2000) will flash on the display.
- 2.3 Set the current year using the MEM touch sensor. Confirm the setting by touching the SET sensor. The device will automatically switch to the month setting mode.
- 2.4 Set the current month using the MEM touch sensor. Confirm the setting by touching the SET sensor. The device will automatically switch to the day setting mode.
- 2.5 Set the current day of the month using the MEM touch sensor. Confirm the setting by touching the SET sensor. The device will automatically switch to the hour setting mode.
- 2.6 Set the current hour using the MEM touch sensor. Confirm the setting by touching the SET sensor. The device will automatically switch to the minute setting mode.
- 2.7 Set the current minute using the MEM touch sensor. Confirm the setting by touching the SET sensor. The device will automatically switch to the measuring unit selection mode.
- 2.8 Select the measuring unit mmHg or kPa using the MEM sensor. Confirm the setting by touching the SET sensor.

Note: The standard measuring unit for the measurement of blood pressure is mmHg (millimetres of a mercury column).

- 2.9 After completing the setup, "done" will appear on the display. Setup of the date, time and measuring units is complete. Then the device will turn itself off automatically.

Note: Setting range: year 2000–2050, time format: 24 hour

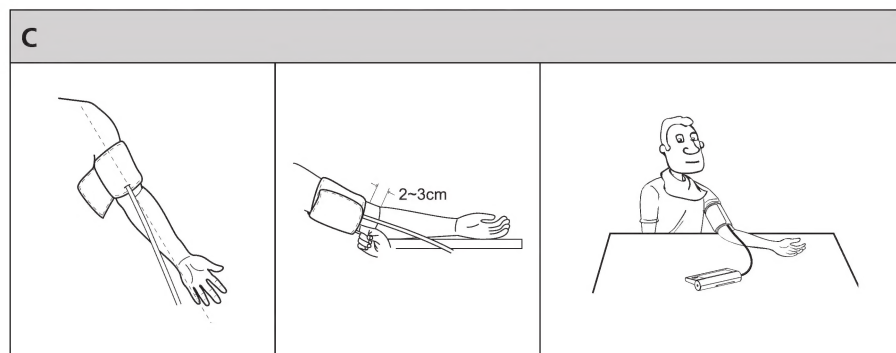
3. Measurement

3.1 Basic instructions for achieving the most accurate measuring results

- Always take measurements at the same time of day, ideally in the morning, at noon and in the evening under the same conditions or according to the recommendations of your doctor.
- Do not perform measurement sooner than 30–45 minutes after consuming coffee, tea or smoking a cigarette.
- Wait at least 20 minutes after taking a hot shower or bath.
- During measurement sit calmly, relaxed and don't talk. Do not move the arm to which the cuff is attached.
- Wait approximately 4–5 minutes before measuring again.

3.2 Attaching and securing the cuff

- Remove all tight clothing from the arm before attaching the cuff.
- Attach the cuff 2–3 cm above the elbow cavity and ensure that the air hose is located above the brachial artery, as illustrated on the cuff label.
- The cuff must not be too loose or too tight. Verify the correct tightness by easily inserting one finger between the cuff and the arm.
- Place the forearm on an even table surface.
- Note: Blood pressure can be measured both on the left and the right arm. However, the measurement results from the left and right arm may differ, and for this reason it is necessary to perform repeated measurements always on the same arm.





3.3 Measuring blood pressure

- 3.3.1 Using the sliding switch select user A or B. The measured values will be stored into a memory file of the respective user.
- 3.3.2 Turn on the device by pressing the START/STOP button. In a short time all the elements will light up on the LCD display.
- 3.3.3 If residual air remains in the cuff, the symbol ▼ will appear on the display for a short time and the air will be released. The display will show the value 0 mmHg (or kPa), the time of measurement and the symbol of the user A or B.
- 3.3.4 The device will automatically pressurise the cuff. While the cuff is being pressurised the pulse rate is detected. This is indicated by the flashing ♥ symbol on the LCD display.
- 3.3.5 Then the pressure in the cuff is continuously released and the values of the systolic (SYS) and diastolic (DIA) pressure, pulse rate and the blood pressure are automatically determined. The blood pressure categories are defined in the following table.

Measured blood pressure value in mmHg	Blood pressure category					
	Optimal	Normal	High-normal	Mild	Moderate	Severe
	Optimal	Normal	High normal	Mild hypertension	Medium hypertension	Heavy hypertension
SYS (systolic value)	< 120	120–129	130–139	140–159	160–179	≥ 180
DIA (diastolic value)	< 80	80–84	85–89	90–99	100–109	≥ 110


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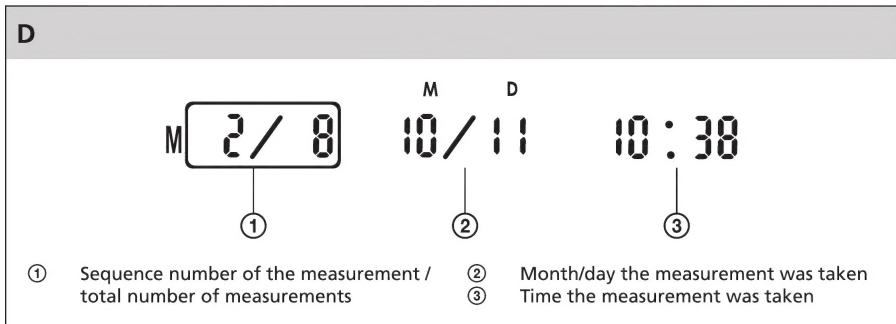
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Note: If the symbol  appears on the display, the device has detected an arm movement during measurement. Wait 4–5 minutes and repeat the measurement. If the symbol  appears on the display, the device has detected cardiac arrhythmia.

- 3.3.6 Turn off the device by pressing the START/STOP button. If you do not turn off the device, it will turn itself off automatically 1 minute after the last measurement. Remove the cuff from your arm after completing the measurement.

4. Recalling memory

- 4.1 Using the sliding switch select the user (A or B), whose measurements stored in the device's memory you wish to display.
- 4.2 To display the stored measurement results touch the MEM sensor. The display will show the symbol for displaying memory  and the average values of the stored measurement results of the respective user. The average values of the stored measurement results are indicated by the symbol **AUG**.
- 4.3 To scroll through the individual measurements, use the touch sensors MEM and SET.
- 4.4 For each measurement, there will be intermittently displayed, in the bottom right hand part of the display, the sequence number of the measurement / total number of measurements, month/day the measurement was taken and the time the measurement was taken.



- 4.5 In the stored measurement display mode you may switch between the measurement results of both users.
- 4.6 The most recent measurement stored in memory always has the sequence number of 1. The maximum capacity of each user's memory file is 60 measurements. As soon as the maximum memory capacity is achieved, every new measurement will delete the oldest measurement.

5. Deleting memory

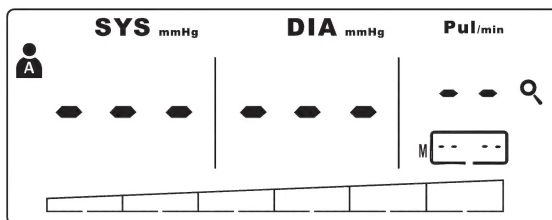
- 5.1 Using the sliding switch select the user (A or B), whose measurements stored in the device's memory you wish to delete.
- 5.2 Check that the device is turned off (the LCD display is off) or turn it off using the START/STOP button. Hold down the MEM sensor with your finger for 3 seconds. The message "del all" (delete all) will appear on the display.
- 5.3 Press the SET button to confirm the deletion of all measurements in memory. The display will show the message "del" (delete) and "done" (completed). The device will automatically turn itself off.
- 5.4 For the respective user, no values will appear on the display when the memory is subsequently retrieved.

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TROUBLESHOOTING

In this chapter you will find solutions to problems that you may encounter when using this device. If you were unable to remedy the problem according to the following instructions, contact an authorised service centre.

Problem / error message	Possible cause	Possible solution
After pressing the START/STOP button the display does not turn on.	Batteries are flat.	Replace the batteries.
	The batteries are inserted incorrectly.	Insert the batteries with the correct polarity direction as shown in the battery compartment.
	The adapter is not connected to a power socket.	Connect the adapter to a power socket.
Symbols  and  appear on the screen.	Batteries are almost flat.	Replace the old batteries with new ones.
E1	The cuff is not attached to the arm or is attached to the arm too loosely.	Turn off the device using the START/STOP button. Attach the cuff to your arm according to the instructions in chapter Attaching and securing the cuff and repeat the measurement.
E2	The cuff is too tight.	Turn off the device using the START/STOP button. Attach the cuff to your arm according to the instructions in chapter Attaching and securing the cuff and repeat the measurement.
E3	The pressure in the cuff was exceeded.	Rest for 4 to 5 minutes and then repeat the measurement.
E4	The device detected movement during the measurement.	Movement may affect the measurement result. Rest for 4 to 5 minutes and then repeat the measurement.
EE9, EE10, E21	Measurement error.	Rest for 4 to 5 minutes and then repeat the measurement.

If a different error message in the format E + number code or EE + number code appears on the screen that is not included in the table, turn off the device, take the batteries out of it or disconnect the power adapter from the electrical power socket. Wait a while and then reinsert the batteries or reconnect the power adapter to the electrical power socket. After a few minutes repeat the measurement. If the problem persists, contact your vendor or an authorised service centre.

MAINTENANCE AND CLEANING

- Keep the device clean. Wipe off dust using a lightly damp cloth.
- Do not wash the device or the pressurising cuff under running water or submerge it in water.
- Do not use abrasive cleaning products or petrol for cleaning. Otherwise the device may be damaged.

STORAGE

- If you will not be using the device for an extended period of time, remove the batteries.
- Protect the device against impacts and falls.
- Store the device in the case in a dry place out of reach of children. Do not expose the device to direct sunlight or extreme temperature changes.

CALIBRATION

Recommendation: To ensure accurate measurement results we recommend the device is calibrated after two years of operation. All costs associated with the calibration are borne by the customer.

ELECTROMAGNETIC INTERFERENCE

To prevent measurement inaccuracies caused by electromagnetic interference, do not use this device in the vicinity of mobile telephones or microwave ovens.

COMPLIANCE WITH STANDARDS

This device complies with European standards:

EN 60601-1 Medical electrical devices – Part 1: General requirements for basic safety and necessary functionality

EN 60601-1-2 Medical electrical devices – Part 1-2: General requirements for basic safety and necessary functionality – Group norm: Electromagnetic compatibility – Requirements and tests

EN 1060-1 Non-invasive blood pressure monitors – Part 1: General requirements

EN 1060-3 Non-invasive blood pressure monitors – Part 3: Specific requirements for electromechanical systems for the measurement of blood pressure

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0123 This device meets the requirements of the European directive 93/42/EEC.



The manufacturing date is marked on the rating label of the device.




Manufacturer: Zhongshan Transtek Electronics Co., Ltd
Jinan Road, Minzhong, Zhongshan, Guangdong, China



Authorised representative for the EU: MDSS – Medical Device Safety Service GmbH,
Schiffgraben 4130175, Hannover, Germany

TECHNICAL SPECIFICATIONS

Measuring method	Oscillometric
Display	LCD, display size 128 × 50 mm
Memory capacity	2 × 60 records for two users
Measuring range	Pressure: 0–300 mmHg (0–40 kPa) Pulse: 40–199 pulses/minute
Measurement accuracy	Pressure: ±3 mmHg (0.4 kPa) at an ambient temperature of 15–25 °C ±6 mmHg (0.8 kPa) at an ambient temperature of 10–14 °C and 26–40 °C Pulse: ±5 %
Adjustable length of the cuff	22–42 cm
Power source	4 × LR03/AAA batteries or power adapter, input: 100–240 V~, 50–60 Hz, 400 mA, output: 6 V $\overline{\sim}$, 1 A
Safety class for electric shock protection	Applied part type B 
Electric shock protection class	Protection class I – when powered from an internal power source (batteries) Protection class II – when powered from an external power source (adapter)
Degree of protection against the intrusion of water	IPX0
Safety of use in the presence of anaesthetic combustible mixtures	The device is not suitable for use in the presence of combustible anaesthetic and air mixtures or combustible anaesthetic and oxygen mixtures, or mixtures containing oxides of nitrogen
Operating mode	Continuous operation with short term loading
Operating conditions	Ambient temperature: 10 °C to 40 °C, humidity ≤ 80 %
Storage	Ambient temperature: –20 °C to 60 °C, humidity 10–93 %
Dimensions of the device	180 × 100 × 39 mm
Weight of the device	300 g (without batteries)
Accessories	Inflatable cuff, 4 × alkaline batteries (type LR03/AAA), power adapter, travel case, user's manual

We reserve the right to change text and technical specifications.

INSTRUCTIONS AND INFORMATION REGARDING THE DISPOSAL OF USED PACKAGING MATERIALS

Dispose of packaging material at a public waste disposal site.

DISPOSAL OF USED BATTERIES

Batteries contain environmentally damaging compounds and therefore do not belong in standard household waste. Take the batteries to an appropriate collection point, which will provide for their ecological disposal. You can obtain the contact for the nearest collection point from you town council or from your retailer.

DISPOSAL OF USED ELECTRICAL AND ELECTRONIC EQUIPMENT



The meaning of the symbol on the product, its accessory or packaging indicates that this product shall not be treated as household waste. Please, dispose of this product at your applicable collection point for the recycling of electrical & electronic equipment waste. Alternatively in some states of the European Union or other European states you may return your products to your local retailer when buying an equivalent new product. The correct disposal of this product will help save valuable natural resources and help in preventing the potential negative impact on the environment and human health, which could be caused as a result of improper liquidation of waste. Please ask your local authorities or the nearest waste collection centre for further details. The improper disposal of this type of waste may fall subject to national regulations for fines.

For business entities in the European Union

If you wish to dispose of an electrical or electronic device, request the necessary information from your seller or supplier.

Disposal in other countries outside the European Union

If you wish to dispose of this product, request the necessary information about the correct disposal method from local government departments or from your seller.